



**40 lbs** The amount of fertilizer that would be spared if, every day for a year, you replaced a 3-ounce serving of beef, an egg and an ounce of cheese with the same number of calories from fruit, vegetables or whole grains. So says the Center for Science in the Public's Interest's Eating Green website. Calculate the environmental impact of *your* diet (according to CSPI) at [eatinggreen.org](http://eatinggreen.org).